

WHAT IS CLAIMED IS:

1. A composition comprising:

- 5           a) a first component which is arabinogalactan, wherein the composition comprises from about 0.01% to about 10% of the arabinogalactan, by weight of the composition; and  
b) a second component comprising one or more minerals selected from the group consisting of zinc, iron, magnesium, calcium, selenium, iodine, and fluorine.

10         2. A composition according to Claim 1 wherein the arabinogalactan is naturally occurring within a tree source of the genus *Larix*.

15         3. A composition according to Claim 2 wherein the second component comprises one or more minerals selected from the group consisting of zinc, iron, magnesium, and calcium.

20         4. A composition according to Claim 3 which is a dry beverage composition.

25         5. A composition according to Claim 4 comprising:

- (a) from 0% to about 0.1% of zinc, by weight of the composition;  
(b) from 0% to about 0.1% of iron, by weight of the composition;  
(c) from 0% to about 1% of magnesium, by weight of the composition;  
(d) from 0% to about 5% of calcium, by weight of the composition;  
(e) from 0% to about 0.1% of selenium, by weight of the composition;  
(f) from 0% to about 0.1% of iodine, by weight of the composition; and  
(g) from 0% to about 0.5% of fluorine, by weight of the composition.

25         6. A composition according to Claim 3 which is a ready-to-drink beverage composition comprising at least about 50% water.

30         7. A composition according to Claim 6 comprising:

- (a) from 0% to about 0.1% of zinc, by weight of the composition;  
(b) from 0% to about 0.1% of iron, by weight of the composition;  
(c) from 0% to about 1% of magnesium, by weight of the composition;  
(d) from 0% to about 5% of calcium, by weight of the composition;  
(e) from 0% to about 0.1% of selenium, by weight of the composition;  
(f) from 0% to about 0.1% of iodine, by weight of the composition; and

(g) from 0% to about 0.5% of fluorine, by weight of the composition.

8. A composition according to Claim 7 wherein:

- (a) when the composition comprises zinc, the composition comprises from about 0.0001% to about 0.08% of zinc, by weight of the composition;
- 5 (b) when the composition comprises iron, the composition comprises from about 0.0001% to about 0.08% of zinc, by weight of the composition;
- (c) when the composition comprises magnesium, the composition comprises from about 10 0.001% to about 0.8% of magnesium, by weight of the composition;
- (d) when the composition comprises calcium, the composition comprises from about 15 0.01% to about 0.5% of calcium, by weight of the composition;
- (e) when the composition comprises selenium, the composition comprises from about 0.00001% to about 0.05% of selenium, by weight of the composition;
- (f) when the composition comprises iodine, the composition comprises from about 20 0.00001% to about 0.05% of iodine, by weight of the composition; and
- (g) when the composition comprises fluorine, the composition comprises from about 25 0.00001% to about 0.1% of iodine, by weight of the composition.

9. A composition according to Claim 8 which has a pH of from about 2.5 to about 7.

20 10. A composition according to Claim 9 comprising at least about 1% fruit juice, by weight of the composition.

11. A composition according to Claim 10 comprising zinc.

25 12. A composition according to Claim 11 wherein the zinc is selected from the group consisting of zinc sulfate, zinc chloride, zinc acetate, zinc gluconate, zinc ascorbate, zinc citrate, zinc aspartate, zinc picolinate, amino acid chelated zinc, zinc oxide, and mixtures thereof.

30 13. A composition according to Claim 12 wherein the zinc is amino acid chelated zinc.

14. A composition according to Claim 10 comprising iron.

35 15. A composition according to Claim 14 wherein the iron is selected from the group consisting of ferrous sulfate, ferrous fumarate, ferrous succinate, ferrous gluconate, ferrous lactate,

ferrous tartrate, ferrous citrate, amino acid chelated iron, ferric pyrophosphate, and mixtures thereof.

16. A composition according to Claim 15 wherein the iron is amino acid chelated iron.

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17. A composition according to Claim 15 wherein the iron is ferric pyrophosphate.

18. A composition according to Claim 10 comprising magnesium.

10 19. A composition according to Claim 10 comprising calcium.

20. A composition according to Claim 19 wherein the calcium is calcium citrate malate.

21. A composition according to Claim 19 comprising zinc and calcium.

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22. A composition according to Claim 19 comprising zinc, calcium, and magnesium.

23. A composition according to Claim 22 comprising zinc, calcium, magnesium, and iron.